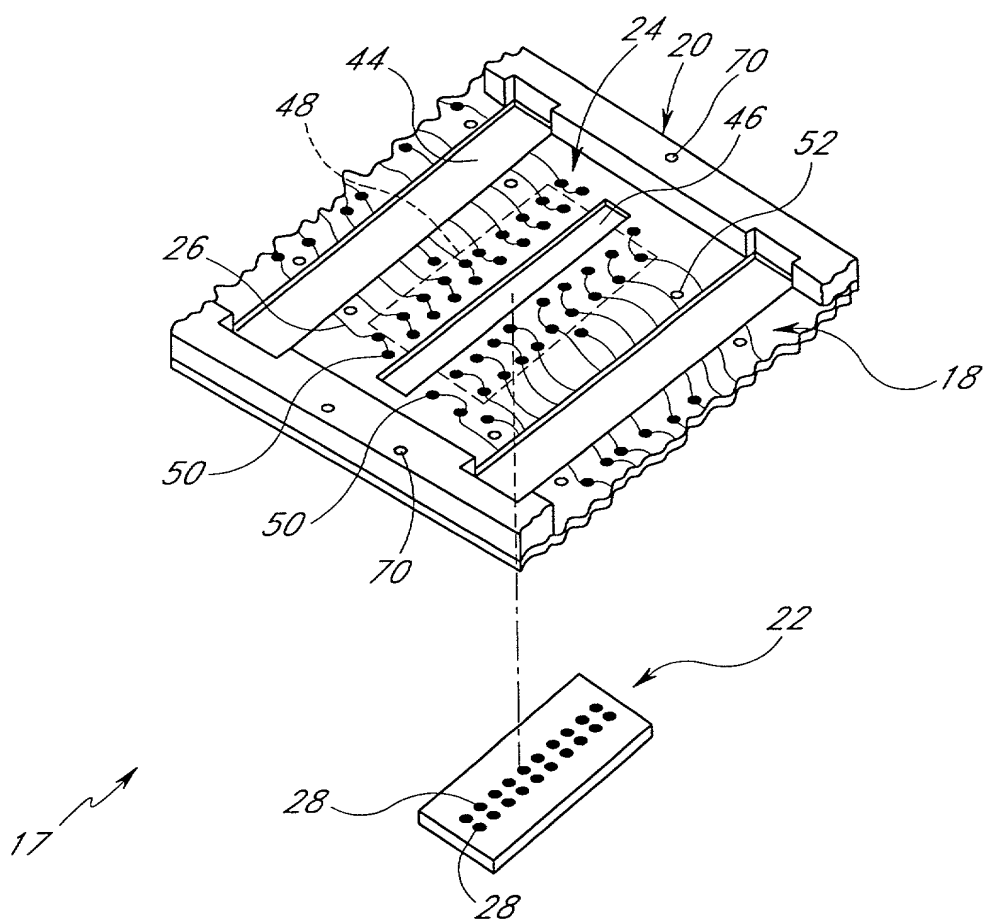


**FIG. 1**



**FIG. 2**

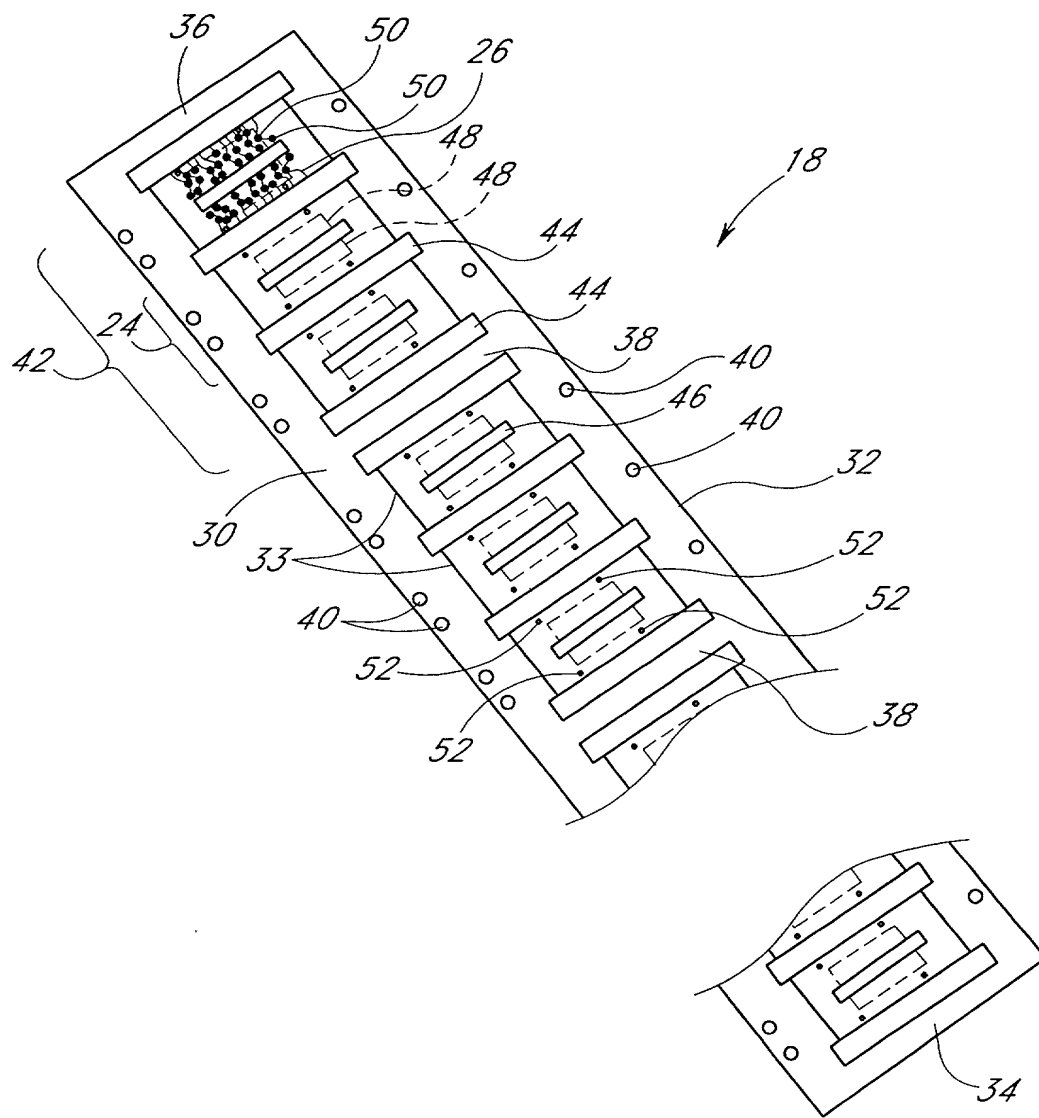
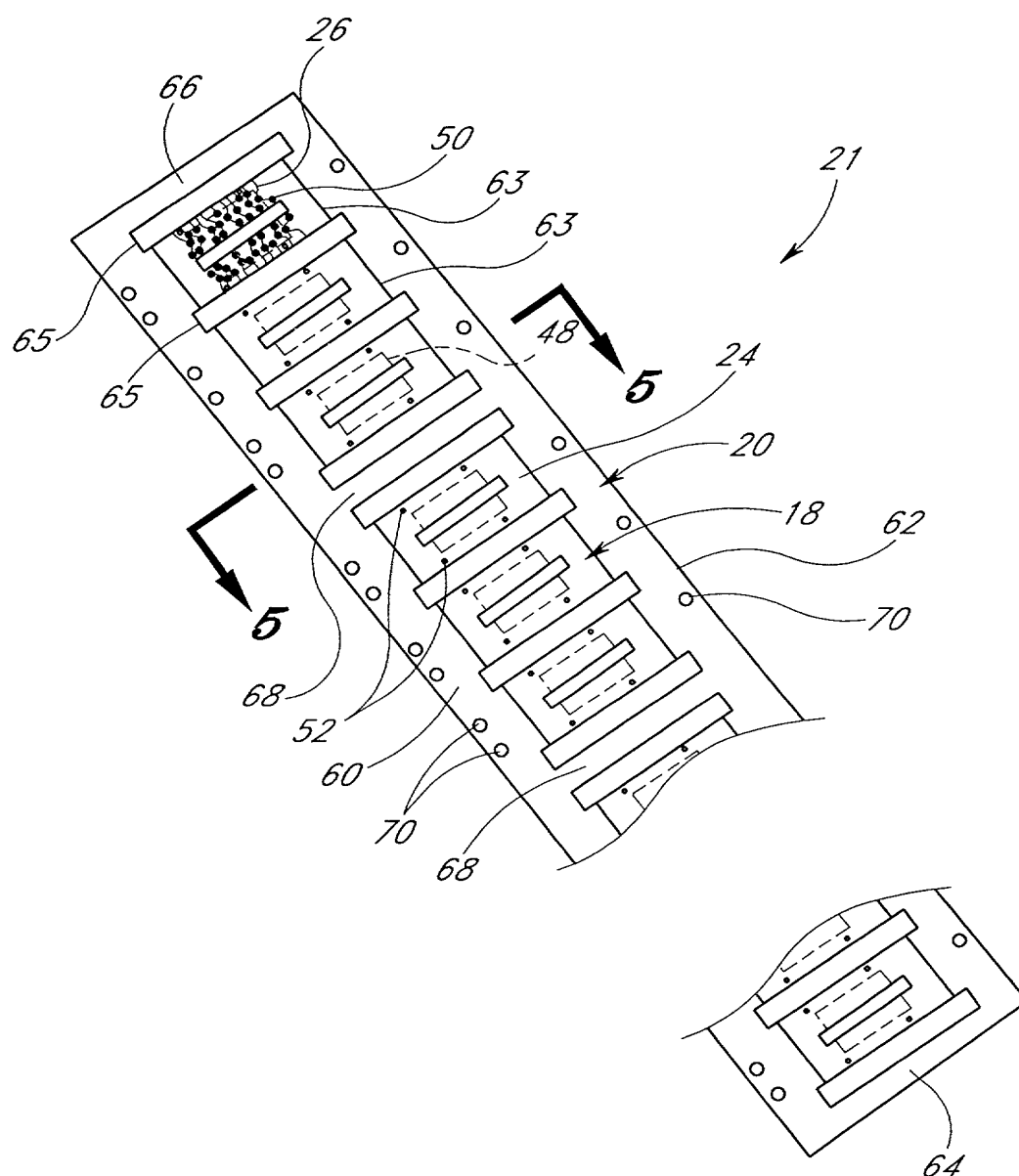


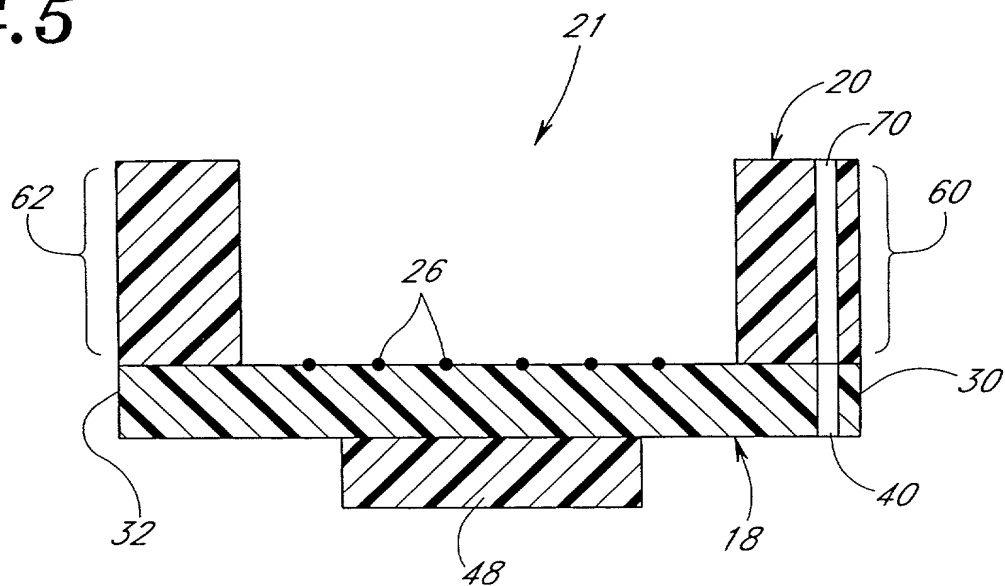
FIG. 3

Variable	Mean	SD	Min	Max
Age	34.5	10.2	21	55
Gender	0.5	0.5	0	1
Marital status	0.6	0.5	0	1
Education	12.5	1.5	9	16
Income	15.2	8.5	5	35
Occupation	1.2	0.8	0	2
Health status	1.5	0.5	1	2
Stress level	2.5	1.2	1	4
Life satisfaction	3.5	1.5	1	5
Resilience	4.5	1.5	1	6
Optimism	5.5	1.5	1	7
Gratitude	6.5	1.5	1	8
Forgiveness	7.5	1.5	1	9
Compassion	8.5	1.5	1	10
Kindness	9.5	1.5	1	11
Generosity	10.5	1.5	1	12
Patience	11.5	1.5	1	13
Self-control	12.5	1.5	1	14
Perseverance	13.5	1.5	1	15
Determination	14.5	1.5	1	16
Confidence	15.5	1.5	1	17
Trust	16.5	1.5	1	18
Cooperation	17.5	1.5	1	19
Teamwork	18.5	1.5	1	20
Leadership	19.5	1.5	1	21
Influence	20.5	1.5	1	22
Power	21.5	1.5	1	23
Authority	22.5	1.5	1	24
Control	23.5	1.5	1	25
Management	24.5	1.5	1	26
Organization	25.5	1.5	1	27
Planning	26.5	1.5	1	28
Execution	27.5	1.5	1	29
Monitoring	28.5	1.5	1	30
Evaluation	29.5	1.5	1	31
Reflection	30.5	1.5	1	32
Learning	31.5	1.5	1	33
Growth	32.5	1.5	1	34
Development	33.5	1.5	1	35
Progress	34.5	1.5	1	36
Success	35.5	1.5	1	37
Achievement	36.5	1.5	1	38
Realization	37.5	1.5	1	39
Fulfillment	38.5	1.5	1	40
Completion	39.5	1.5	1	41
Conclusion	40.5	1.5	1	42
Summary	41.5	1.5	1	43
Final	42.5	1.5	1	44
End	43.5	1.5	1	45

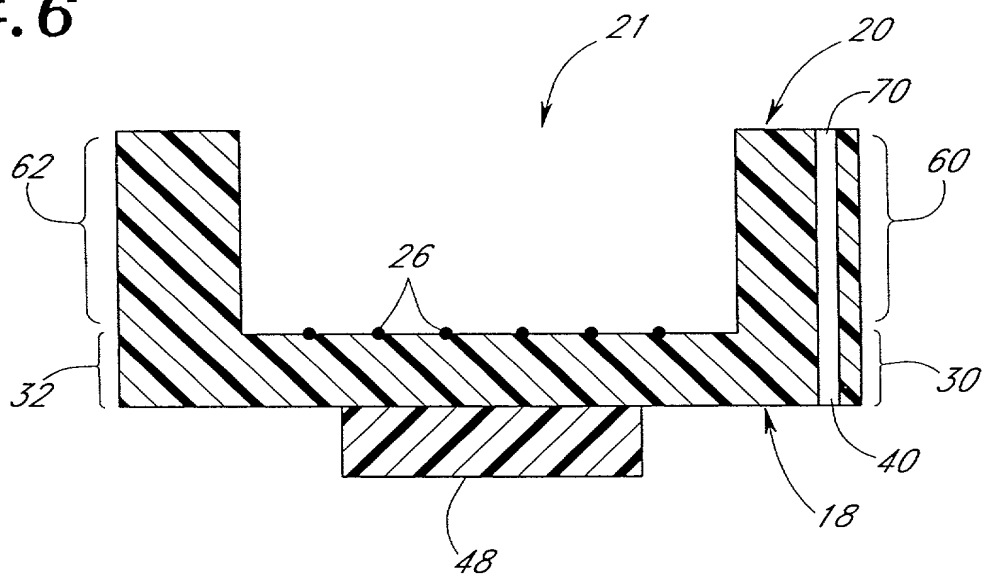


**FIG. 4**

**FIG. 5**



**FIG. 6**



**FIG. 7**

